



## Video Reflection Guides

Suggestions for Starting Conversations after viewing videos developed by the CA Transition Alliance

### Audience: Professional Adults working with Youth in Transition

What Myths did youth in the video share?

What other myths Have you heard? Expressed?

How can we dispel the concerns expressed by the youth?

Do any of the youth you work with share the expectations expressed in the video?

Have you ever been exposed to low expectations? How did they Impact you?

How do we shift from the negative to the positive as we communication with youth?

Did we hear our own words in the video?

How do low expectations impact youth?

Have you tried to include youth in your circle?

Did we hear our own words in the video?

Have you expressed your expectations to parents and families?

How do biases and low expectations start?

How do we support- not take over? Are we adult allies?

When do we decide to take you off the path to a diploma?

Are the expectations you express to youth high or low?

Teachers: What is your perception of accommodations?

Do you lower your expectations because a student needs accommodations?

After hearing from these youth, what steps can we take to offer support, encouragement?



*Busting Myths*  
*Reflection Guide*

Suggestions for Starting Conversations after viewing Busting Myths

**Audience: Families, Parents, Adult Allies**

What is your reaction to this video?  
What did you hear? See?

Have you thought about  
the impact of expectations  
on your child?

What is your reaction to the advice  
"you can learn, it takes your brain longer?"

How do you offer encouragement?

Did you hear yourself or others who  
talk to your child?

How does this video address your  
own fears and concerns for youth  
child?

What specific bias did you hear?

What can we learn about being  
open and listening?

How do we, as parents, focus  
planning on the youth's plan-not  
ours?

How do we learn to concentrate on  
what youth can do- not what they  
can't do?

How can we promote self advocacy  
and support a sense of  
independence?

How do you react when you hear  
someone express low expectations  
to your child?



## *Busting Myths*

## *Reflection Guide*

### **Youth**

Have you ever been told "it would be too hard to try?"

Can you think of a challenge you mastered, even though it took a long time?

How are we judged by disability, appearance, gender, ????

In the video, people show what they CAN DO. How would you show your talents?

How do you tell people about your strengths and talents when you interview for a job?

How do other people help you develop doubts or confidence?

Can you use this video as you lead your plans, like IEPs?

What accomplishment gives you the most confidence and pride?

Have you ever experienced people focusing on your disability? And tell us what you CAN NOT Do?

How can we prove WE CAN to other people?





